



UWCM NEWSLETTER

October | 2023



*Click on
these
icons!*



THE UWCM MEETING ROOM

Atwater Library
Club Room #7
1200 Atwater Ave.,
Westmount,
Québec H3Z 1X4

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PRESIDENT'S GREETINGS

Leah Trineer

Fall has arrived!!!

The changing of the leaves and the shortening of the days is reminding us that fall has arrived! So far, fall has been quite mild and with considerable sunshine. I look forward to this season as I love being able to walk outside wearing a sweater or jacket and enjoying the cooler temperatures. Let us all hope that this continues for many weeks to come before we must put our clocks back and prepare to “hunker down” for winter.

Before that happens, we have some exciting meetings planned for you. Unfortunately, our previously scheduled speaker for October, Dr Vicki Kaspi, informed us that due to work commitments, she would have to re-schedule; consequently, we look forward to hearing her speak in December. Thankfully, Gwendolyn Owens, who was scheduled to speak in early 2024, had a work-related trip to Europe postponed and is therefore able to make her presentation to us this month. This will be an extremely entertaining presentation and insightful into the art world and the execution of major exhibitions.

We had a wonderful turnout at our September “Welcome Back”. The excitement in the room was “electric”; with everyone so happy to be back at La Classe. Many of you signed up for Interest Groups and the sheets will be made available again this month for any of you who missed out last month. There is another document being circulated electronically that you will also be able to reply to. A couple of groups are looking for coordinators; it does not mean that you have to plan the group's activities, as that should come from the members themselves, but that you accept to send out e-mails to the participants reminding them of the time and place to meet. Without these volunteers, these groups may not be able to get organized so please consider helping out in this way.

A special thank you must go out to Olga Shevchenko and her small but extremely able group of volunteers who helped us put on a highly successful Wine and cheese evening at our Clubroom on September 27th. We had over 25 people attend, seven or eight of whom were guests who were interested in learning more about UWCM; already, one of them has become a member. You may meet some of the others at an upcoming meeting in the future; please reach out to them and welcome them.

You will find a list of dates for our dinner meetings for the remainder of the year at the end of this Newsletter under next month's calendar. We only received final confirmation of the dates with La Classe at the end of September, so we are now able to share them with you; mark your calendars so you don't miss out!



INTEREST GROUPS - ACTIVE AT THIS TIME

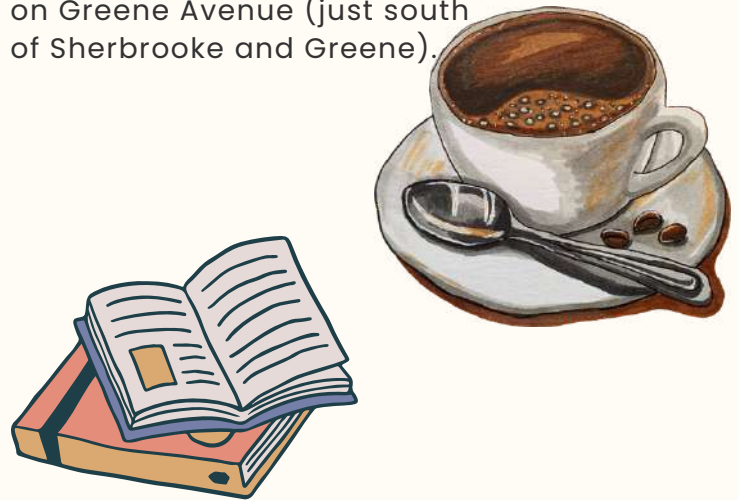


Each interest group that is active and would like to be included in the monthly newsletter must send their update to Emma Major by the last weekend of each month to be included in the proceeding month.

We encourage anyone interested in creating or inspiring an interest group to do so.

COFFEE KLATCH

This group **meets on the second Friday morning of the month, anytime between 7:30 and 9:30 A.M. at the Avenue G coffee shop** on Greene Avenue (just south of Sherbrooke and Greene).



BOOK CLUB BUDDIES

The group meets on **the third Monday of the month between 3:30 and 5:30 in the Club Room at the Atwater Library.**

The next meeting is **Monday, October 16th**

Each member selects a book to recommend to the group on a rotational basis. Currently, the group is full. If this is of interest in a second Book Club please let us know.

Although this group is full, if there is enough interest in forming another one please contact Olga Shevchenko

INTEREST GROUPS

WOMEN'S ISSUES GROUP

The next meeting of the Women's Issues interest group (dinner) will be held at the McGill Faculty Club on **October 26 Thursday, at 6pm.**

Please contact Olga Shevchenko to RSVP.



AT THIS MONTH'S MEETING WE WILL HAVE SIGN UP SHEETS IN PERSON AS WELL AS CIRCULATING THROUGH EMAIL FOR INTEREST GROUPS AND ANY GROUPS YOU WISH TO FORM.

PLEASE LET US KNOW IF THERE ARE ANY GROUPS THAT ARE NOT LISTED.



YOU CAN STILL SIGN UP FOR THEM BY EMAILING UWCMTL@GMAIL.COM WITH YOUR NAME AND CONTACT INFORMATION.

THE SUBJECT LINE IS THE CLUB YOU WOULD LIKE TO JOIN.

INTEREST GROUPS



ATWATER LIBRARY LECTURES AND LUNCH

The Atwater Library Lunchtime Series features once-a-week presentations by leading writers, musicians, intellectuals, scientists, and many more people sharing their knowledge and experience with the Atwater Library community. These events usually take place on Thursdays (but sometimes other days), from 12:30 to 1:30 pm. Located in room 7 after the lecture.

Below is a list of Atwater Library events scheduled for the next month or so.

Click [HERE](#) for the whole list of this season's upcoming events.

Please let Carly Pepler know if you are planning to come.

Note: there are no lunches on November 9 and 16.

Thursday, October 19, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: CRIME FICTION – [Anne J. \(A.J.\) Fotheringham](#), [Ann Lambert](#), [Michael Kent](#) and [Russell Brooks](#) of [Crime Writers of Canada](#) discuss the mystery and crime genre, and talk about their own work.

To REGISTER and get the Zoom link, click [here](#).

Thursday, October 26, 2023 from 12:30 to 1:30 pm

IN PERSON AND BY ZOOM: GOLD'S ROUNDS – [Phil Gold](#) recounts stories of his remarkable life and discusses his newly-published memoir [Gold's Rounds: Medicine, McGill, and Growing Up Jewish in Montreal](#). Dr. Gold's early research led to the discovery and definition of the Carcinoembryonic Antigen (CEA), and the subsequent CEA blood test. This was the first blood test for cancer sanctioned by the FDA, and then internationally, and still the most frequently used test in the diagnosis and management of patients with cancer.

To REGISTER and get the Zoom link, click [here](#).

Thursday, November 9, 2023 from 12:30 to 1:30 pm

Alan Hustak gives a talk on his book *Faith Under Fire: Frederick G. Scott, Canada's Extraordinary Chaplain of the Great War*. With beloved musician Craig Morrison playing World War I favourites on the piano. NO LUNCH

Thursday, November 16, 2023 from 12:30 to 1:30 pm

Kahnawake Grand Chief Kahsennenhawe Sky-Deer, Guest of Honour for the 2023 St. Andrew's Ball, gives a public talk. NO LUNCH

Thursday, November 23, 2023 from 12:30 to 1:30 pm

Peter Lanken gives an illustrated presentation on the life and work of Victor Bourgeois, the great 19th century Montreal architect.

Thursday, November 30, 2023 from 12:30 to 1:30 pm

Adam Shoalts gives an illustrated talk on his new book *Where the Falcon Flies* about his 3,400km solo journey from Lake Erie to the Arctic.

Thursday, December 7, 2023 from 12:30 to 1:30 pm

Barbara Lewis, UWCM member!! and Toronto-based pianist and singer Doug Balfour perform a variety of Christmas music.

DINNER AT LA CLASSE - OCTOBER

For reservations, please be in touch with Sheila Mohammed.

NOTE! You must make your reservation.



Reminders:

- Please bring cash to pay for your dinner (\$30 tax included)
- Wine and liquor at the bar with debit/ credit available.
- Special coffees cost extra.
- Parking is available under the LaSalle College, the entrance is on Fort Street. Parking is free and should be done on level P3. When you exit, notify the attendant by using the button indicated for assistance and mention that you were eating at La Classe.

Dinner Meeting Dates:

- November 15th, 2023
- December 6th, 2023
- Home Dinners scheduled during the week of January 15th, 2024
- February 21st, 2024
- March 20th, 2024
- April 24th, 2024
- May 15th, 2024
- June 19th, 2024

DINNER AT LA CLASSE - OCT SPEAKER



A Spark, a Hunch, or an Imperative: How an Art Exhibition Happens

Gwendolyn Owens is the Director of the Visual Arts Collection at McGill University in Montreal, Quebec. This growing collection includes over 3500 works of art on view in 90 buildings and on the grounds of the University's three campuses. She was previously the Assistant Director, Curatorial Affairs, at the Canadian Centre for Architecture and Consulting Curator responsible for the Gordon Matta-Clark Archive at the institution.

Her scholarly publications include articles, exhibition catalogs, and books on a wide range of topics including artist-architect Gordon Matta-Clark, on whom she has written extensively; mid-nineteenth century American landscape painting; painters Maurice Prendergast and David Milne; artist and architect Melvin Charney; art markets in the 20th century; and kitchen wallpaper. With Philip Ursprung, she co-edited *Gordon Matta-Clark: An Archival Sourcebook* (University of California Press, 2022). She is currently researching the art of Montreal artist Marian Dale Scott (1906-1993).

DINNER AT LA CLASSE - NOV SPEAKER



Dr. Lucy Gilbert – DOvEE: Screening of Ovarian and Endometrial Cancers
muhcfoundation.com

"If a cancer can be detected early, it can be cured. Ovarian and uterine cancers – usually diagnosed at a late stage–take so many women's lives and cause so much suffering," says Dr. Gilbert, Director of Gynecologic Cancer Services at the MUHC, and professor of Obstetrics and Gynecology and Oncology at McGill University.

The Annual Atwater Library Fundraising Event is Nov. 1

They are excited to be having a Benefit Party this fall for the first time since before the pandemic. **It's set for Wednesday, November 1 at 6:00 pm** in their beautiful heritage building.

Please join Guest of Honour Scott Jones and emcee Terry Mosher (aka Aislin) for a gala evening in support of their educational programs for the community.

The party will feature live music by the Dave Turner Jazz Trio, a sensational auction (online starting October 20 and closing at the end of the party), tasty hors d'oeuvres, and smoked meat, wine, and beer.

Tickets priced at \$150 (\$125 tax receipt) are available online from CanadaHelps by clicking here. For more info, please contact Lavina Alonzo at lavina@atwaterlibrary.ca.

DIRECTORY UPDATES

NEW MEMBERS



DIRECTORY CHANGES

INTERVIEW, INSPIRE AND CONNECT

Emma Major sat down with Barbara Lewis and interviewed her over Zoom.

Barbara Lewis has known she would be a singer since she was seven years old. She is classically trained and has a background as an opera singer in Canada and the US, and she traveled and sang in Europe. Throughout her career as a performer, she was inspired to write her own music so she could sing the message she wanted to. Giving a voice to her emotions, and talent. She has released several CDs throughout her career, illustrating her growth as a human. Her discography outlines what has impacted and inspired her life choices and challenges as a singer.

Barbara has taught singing and music as an extension of her inspiration. She dedicated her life to fortifying and challenging others to learn how to stand, breathe, be confident, and challenge their own limitations. Teaching was at the forefront of her music career during the pandemic, specializing in students in their 40s. Lewis commented on being continuously inspired by her students who displayed a drive to channel the depths of their emotions through singing. When asked to describe singing as an art form Barbara mentioned that she truly believes that singing impacts all aspects of one's life. For example, learning how to sing can help with breathing better; learning how to inhale and control one's breath. She encourages a self-reliant level of confidence, and expression through vulnerability. People who sing tend to be happier and Barbara loves to watch her students grow from their lessons and develop their emotional and physical limitations through expression.

Over the pandemic, Barbara pursued lessons herself and was inspired to challenge herself to learn more and push her vocal range. Her goal is to constantly try different things and she decided to change her vocal range. She re-trained her muscles and strengths to develop a new sound. In doing so, her voice now has the ability to display more shades of feelings; almost like a spectrum of color for emotions that display a storyline in her performance.

Barabara's goal for her Cabaret is to showcase her range, and her ability to emote. Displaying her strength in painting a beautiful story of inspiration and lessons. She describes the show as a collection of songs that display love, laughter, nature, and time. When asked, Barbara described the main thread of her show as an introduction to her newfound power and the importance of nature in our lives. On stage she loves to showcase her vulnerability and interact with the audience as a friend with an informal energy, this concert will introduce a fun and friendly side of the very talented Barabara Lewis.

Barbara is constantly inspired by pop and classical performers who celebrate the message of "This is how I feel, how do you feel?". During the interview, when asked what performers inspired her she referenced Brandi Carlile's rendition of Shine originally performed by Joni Mitchell, Maureen Forrester's dichotomy of performances, and of course our very own Montreal's Leonard Cohen.

When Barbara was deciding what songs to perform during her Cabaret she mentioned that she was inspired by gardens and how flowers have been created. If she could sum up your sound into a plant it would be either peonies, with their soft and velvet feeling full of emotions, or orchids for their exotic nuance.

Her advice to a younger self is to have patience. She felt she knew it would take a long time to get to where she wanted to be and at the level range she wanted to develop into for her singing. Barbara would advise herself to be patient for the version of a performer and singer she knew she would be. This show was created to celebrate what she can still do at 70 and how she can inspire others to dream without the limitations of age and embrace a full-hearted and big spirit.



[Youtube channel](#)
[Concert Web site](#)
[Teaching Web site](#)





cfuw fcfd

Username:

Password:

The link to the website for the members-only portal is [HERE](#).

As a member, you are welcome to access the exclusive side of the CFUW website. Please feel free to discover more information and details regarding international club news.

Join at a nationwide workshop hosted by CFUW's Environment and Climate Change subcommittee on October 26, starting at 6:30 p.m. ET, club representatives will give four short presentations as follows, offering practical suggestions for environmental action.

- **Choosing the Right Foods — Amy McLeod, CFUW Edmonton**
- **Repurposed Fabric Projects — Sharon Prevenost, CFUW Lethbridge and District**
- **Plastic Withdrawal: Notes from a Plastic Wrap Fanatic — Beth Junkins, CFUW Nepean**
- **Love Your Garbage — Lynne Kent, UWC Vancouver**

Click [HERE](#) to register.

by Donna Jensen



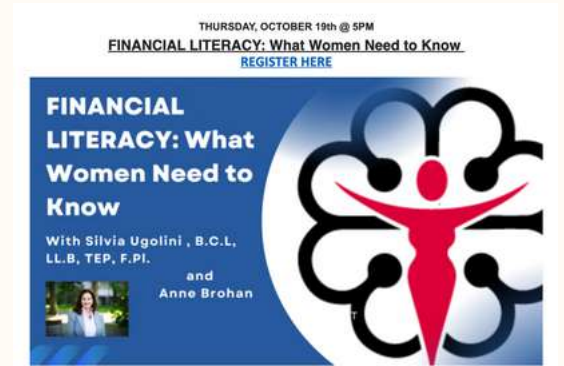
The 500+ Challenge aims to achieve more than 500 recurring donors to help improve girls education programs internationally. Even pledging as little as \$5 a month will make a difference in a young woman's education. <https://buff.ly/3qKMHKb>

The Girls Education for Brighter Futures Post-Covid programme develops and manages local, national and international advocacy initiatives addressing the digital-learning crises and building education better by breaking the poverty cycle. Access to safe, quality education increases gender equality – as well as more equal and sustainable societies.

Click [here](#) for more information.

The next outreach conversation take place (on Zoom) on November 17, 2023, and are planned for some time in February and April of 2024.

All members are welcome to attend. Contact me if you wish to join the conversation.



Happy Canadian Islamic History Month 2023!

Islamic Heritage Month provides an opportunity to learn more about the rich history of Islam and honour the contributions of Muslims in Canada.

This year's theme is "Celebrating Muslim Women in the Arts and Sciences."

The first recorded presence of Muslim communities in Canada dates back to the 1860s. Islam is now the largest non-Christian religious group and the fastest-growing religion in Canada, accounting for 3.7 per cent of Canadians (2022), with flourishing and expansive religious communities across Canada. Coming from various regions, such as South Asia, the Middle East, Eastern Europe and sub-Saharan Africa, Canada's Muslim communities embody a diverse and enriching mix of traditions, languages, dialects, and experiences that contribute to Canadian society. More information on the history of Muslim settlement in Canada: <https://www.islamichistorymonth.ca/muslims-in-canada>

Muslim women have made significant contributions to society, and this month is an opportunity to celebrate and honour their achievements. From science to business, academia to the arts, Muslim Canadians have helped shape the modern-day Canada that we all know today. Let their stories inspire us as we embrace diversity and honour their legacy. I have singled out a few women from different disciplines that you might want to know more about. Did you know a Muslim woman established the world's first university in 800 A.D., the first to hand out degrees?

Unfortunately, Muslim women in Canada face several challenges that can impact their daily lives and opportunities: Islamophobia, gender-based violence, stereotyping, cultural barriers, lack of representation, and lack of data.

By learning more about these challenges during Canadian Islamic History Month 2023, we can work towards creating a more inclusive and equitable society for all. We must recognize that Islamophobia and hate crimes against members of any community is unacceptable. We will always stand in solidarity with our Muslim sisters in the face of hate. I hope that you will take the time to get to know some of these notable Muslim women from history as well as the modern Canadian Muslim women who are striving to build a better and more diverse Canada where everyone feels they belong.

Warm regards and Happy Islamic History Month!

Linda Serpone, MCW President

For more information click [HERE](#)

MEMBER'S SPOTLIGHT



It's that time of year again, for the run and walk that was held on Sunday, Oct 15. Our team Vals Pals had registered.

Show your support in any way you can.

All contributions will be going to Dr. Lucy Gilbert's DOVEE gene research.

Click [HERE](#) to learn more or contribute. This is the 8th year that Valerie has participated.

http://give.cedars.ca/goto/Vals_Pals click [HERE](#)

Many thanks,
Valerie Aitken

Interesting News and Findings from a Member

On March 23, 2023, the Minister of Health (the "Minister") introduced Bill 15, an Act to make the health and social services system more efficient (the "Bill").

As described in our previous bulletin, "[Bill 15: The Quebec Government Wants to Limit the Specific Medical Necessity Measure](#)", an essential aspect of this legislation modifies the specific medical necessity measure by introducing additional conditions of patient eligibility. Parliamentary work on the Bill resumed on August 21 when the Minister introduced 150 amendments. This bulletin focuses on the amendments proposed regarding the specific medical necessity measure.

**You can access the article
for free using this link:
<https://www.lexology.com/r/TqVldfs/68f1bd9c10>**

MEMBER'S SPOTLIGHT



The Outdoor Ladies visit The Three Bares, McGill campus: Barbara Kerr, Carmelita Rasquinha, Rahila Bootwala, Marie Bourbonnière and Zofia Laubitz.



Barbara Kerr, Donna Jensen and Marie Bourbonnière take a break at the MMFA sculpture garden.



Diane Dunn and Anna Di Turi enjoy the ferry ride—and learn they have a lot in common!



Judi Ritchie and Carly Pepler, with Carmelita Rasquinha in the background, check out the Pointe-aux-Trembles public market.



At the Pointe-aux-Trembles journée découverte, Carmelita Rasquinha demonstrates her hitherto unsuspected skill at shooting hoops. Who knew she was such an ace?!

OCTOBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Deadline for newsletter submissions	BOARD MEETING	5	6	7
8	9 	10	11	12	13 Coffee Klatch	14
15	16 Book Club Buddies	17	18 DINNER	19	20	21
22	23	24	25	26 Woman's Issues	27	28
29	30	31 	1	2	3	4

If you have not given your birthday yet please email Emma Major at majoremma101@gmail.com

Outdoor Ladies

BIRTHDAY'S THIS MONTH

Joan Hagerman - Oct 5
 Rahila Bootwala - Oct 5
 Karin Doerr - Oct 24
 Gertrud Antoine Barwick - Oct ?

NOVEMBER

/ 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Deadline for newsletter submissions	BOARD MEETING	3	4
5	6	7 Travel Group	8	9	10 Coffee Klatch	11
12	13	14	15 DINNER	16	17	18
19	20 Book Club Buddies	21	22	23	24	25
26	27	28	29	30 Woman's Issues	1	2